



Aware Live Mindfulness Sessions

21 - 24 April

**A free benefit from your
Employee Assistance Program
to help you and your family
stay well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life.

TO PARTICIPATE:

To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

EDT | GMT

Tuesday 21 April

<u>12:00 pm</u>		<u>4:00 pm</u>	English
<u>12:30 pm</u>		<u>4:30 pm</u>	English
<u>5:00 pm</u>		<u>9:00 pm</u>	Spanish LATAM
<u>5:30 pm</u>		<u>9:30 pm</u>	Spanish LATAM

Wednesday 22 April

<u>9:00 am</u>		<u>1:00 pm</u>	English
<u>9:30 am</u>		<u>1:30 pm</u>	English
<u>4:30 pm</u>		<u>8:30 pm</u>	English
<u>5:00 pm</u>		<u>9:00 pm</u>	English

Thursday 23 April

<u>3:30 am</u>		<u>7:30 am</u>	English
<u>4:00 am</u>		<u>8:00 am</u>	English
<u>5:00 am</u>		<u>9:00 am</u>	Spanish
<u>5:30 am</u>		<u>9:30 am</u>	Spanish
<u>5:00 pm</u>		<u>9:00 pm</u>	English
<u>5:30 pm</u>		<u>9:30 pm</u>	English

Friday 24 April

<u>12:00 pm</u>		<u>4:00 pm</u>	English
<u>12:30 pm</u>		<u>4:30 pm</u>	English